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## Gersky Gazette

**Tips, hints, and other fun stuff from Gersky's Catering and Event Planning**

**September  
2006**

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### Do your kids eat lunch at school? Part 1

You want your kids to eat a good nutritious lunch at school. And you pack a good lunch. But once your kids leave your house, you have not idea what happens. Are they trading your lunch for soda and chips or does your hard work just end up in the trash?

So what do you do? It may not be obvious but the place to start is with your

### Dear Howard,

Our summer was crazy! Every weekend was jam packed. Barbecues, company picnics, a couple of huge weddings, and everything else you can imagine.

Now that Labor Day is behind us and kids are back to school, we calm down a little. But not much.

It seems that on Labor Day, someone flipped the weather switch. Like magic, it's getting cooler and the leaves are beginning to change. But maybe it's just that Fall is only scant days away.

Since the kids are back in school, we thought school lunches would be a good topic to write about. And we'd like to hear your thoughts.

Fall, of course, means apple season. We encourage you to get out to a local orchard. There's no better place to get fresh apples right from the tree.

And we'd like to introduce you to Howie and Joel's new assistant, Marysa. She'll not only be helping you plan your next event, she'll also be contributing to future gazettes.

Happy reading and eating - Howie, Joel, and Marysa

#### • [Introducing Marysa...](#)

We're pleased to announce the addition of Marysa Flynn to the Gersky family. Marysa recently graduated from Buffalo State College with a degree in hospitality administration majoring in special events and catering mangement.

She has lots of experience organizing events at the

child. You must not only know, but acknowledge the tastes of your child. If Johnny won't eat carrots at home, he's certainly not going to eat them at school. Ask your child what he/she would like for lunch, and let them get involved in the planning and packing process.

Freeze juice or drink boxes the night before to be used to keep foods cold. They will thaw by lunchtime, while doing double-duty keeping companion foods chilled.

- Choose fruits that are easy to eat and not messy. Be sure to peel fruits that need it, and cut them into finger-size pieces for younger children.

- Write a riddle on the peel of a banana or orange or draw a cartoon picture with words of endearment or encouragement to brighten up the day.

- Vary the bread offerings from plain sliced bread to raisin bread, pita pockets, dinner rolls, flour tortillas, or mini-bagels.

- If your child likes cold pizza, send it along for lunch! Pizza is actually not a bad choice.

- Mini-muffins are the perfect size for kid's lunches. Use your favorite recipe, but smaller tins, and bake 12-15 minutes.

We'll list more tips next month.

college and at hotels in the Buffalo area.

She's comes with tons of great ideas and is eager to help you with your next event.

PS. When you call be sure to ask her about the Buffalo winters.

### • Rosh Hashanah/Yom Kippur Holiday Menus



Rosh Hashanah already? Yes... The summer flew by and the Holidays are upon us. You always hear people saying how "The holidays are early..." or "They're late this year". But to us they're always on time because on the Hebrew calendar Rosh Hashanah is always the 1st of Tishri. Regardless, it's never too early to plan how you'll spend your holiday.

According to tradition, on Rosh Hashanah, the world was created, and on the birthday of the world, God passes judgment on every living creature. On this day, Jews consider their past deeds and resolve in their hearts to start afresh and make a new beginning in the new year. As long as you're considering your past and your future, why not consider dinner.

[Click here for the complete menu...](#)

### • Fall is Apple Season

And there's no better place to get apples than where they're grown. Right off the tree and practically in our backyard.

Lots of growers in our area allow you to pick your own apples and other fruit right from their orchards.

Choose a crisp fall day and head out with your kids. You'll come home with tons of apples, donuts, cider, and probably a pie and a jar of jelly or two.



Meantime, send us your ideas for school lunches. If we publish your tip, we'll give you a gift certificate for a free take home dinner.

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### [To find an orchard in your area, click here...](#)

#### • **You've picked the apples... Now what?**

Why, make apple pie of course!

Our aunt Minnie was a great cook and baker. She'd prepare all kinds of terrific foods for every family gathering.

Aunt Minnie no longer with us but her apple pie recipe lives on. We bake tons of these pies every fall for friends and family. Join our family tradition and bake this pie for family too.

[Click here for the recipe...](#)

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